



## ORS and Zinc for Diarrhoea

### What is safe water?

Safe water is

**COLOURLESS**

**ODORLESS**

**TASTELESS**



and free from chemical, biological and physical contaminations

### Preparing ORS

Cut ORS pack, mix in 1 litre safe water. Cover and store



If baby/child has more than three watery stools, immediately consult a health care provider

Keep hydrated and consume ORS regularly

Discard unused ORS mixture after 24 hours

Continue breastfeeding

Feed baby with clean, washed hands

Grind and give half zinc tablet for 10-14 days for 0-6 months babies



Use 6 level teaspoons of sugar and 1/2 level teaspoon of salt dissolved in 1 litre of safe water, if ORS pack is not available

**HELPLINE 112**

